Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-12:45pm Open Swim Adult	12:00-12:45pm Lap Swim Adult	12:00-12:45pm Open Swim Adult	12:00-12:45pm Lap Swim Adult	12:00-12:45pm Open Swim Adult	10:00— 10:45am Open Swim Adult
1:00—1:45pm Open Swim Adult	1:00—1:45pm Lap Swim Adult	1:00—1:45pm Open Swim Adult	1:00—1:45pm Lap Swim Adult	1:00—1:45pm Open Swim Adult	11:00— 11:45amOpen Swim Adult
2:00-2:45pm Open Swim Adult	2:00-2:45pm Lap Swim Adult	2:00-2:45pm Open Swim Adult	2:00-2:45pm Lap Swim Adult	2:00-2:45pm Open Swim Adult	12:00— 12:45pm Open Swim Youth 8-17
4:00-4:45pm Open Swim Youth 8-17	4:00-4:45pm Open Swim Youth 8-17	4:00-4:45pm Open Swim Youth 8-17	4:00-4:45pm Open Swim Youth 8-17	4:00-4:45pm Open Swim/ Water Polo Youth 8-17	2:00-2:45pm Open Swim Youth 8-17
5:00-5:45 Open swim/ Water Polo Youth 8-17	5:00-5:45pm Open Swim Youth 8-17	5:00-5:45pm Open Swim Youth 8-17	5:00-5:45pm Open Swim Youth 8-17	5:00-5:45 Open swim/ Water Polo Youth 8-17	3:00-3:45pm Open Swim Youth 8-17
6:00—6:30pm Open Swim Adult	6:00—6:30pm Open Swim Adult	6:00—6:30pm Open Swim Adult	6:00—6:30pm Open Swim Adult	6:00—6:30pm Family Swim	4:00—4:45pm Family Swim
6:45-7:15pm Open Swim Adult	6:45-7:15pm Open Swim Adult	6:45-7:15pm Open Swim Adult	6:45-7:15pm Open Swim Adult	6:45-7:15pm Family Swim	5:00—5:45pm Family Swim



<u> Happenings</u>

House League Basketball Monday- Thursday

5:00-7:00 p.m.



After School Meals Program 4:00p.m.—5:00p.m Monday—Friday Saturday 12p.m.-1:00p.m. 18 & Under



Center for Art Inspired Learning Monday-Wednesday 4:30-5:30 Earle B. Turner NRRC 11300 Miles 216-420-8358



Schedule subject to change without prior notice

Let's Get Physical

Weight Room 18+ Monday – Friday 12:00-7:15pm (10am-5pm Saturday)

Fitness Room 18+ Monday – Friday 12:00-7:15pm

Computer Room







Ask About:

Jumpstart Learning Lab Xbox League Teen Strength & Conditioning Basketball Fundamentals

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—12:45pm Open Gym Adult	12:00—12:45 pm School Group	12:00—12:45pm Open Gym Adult	12:00—12:45 pm School Group	12:00—12:45pm Gym Walk Adult	10:00—10:45 am Basketball Fundamentals Ages 5-7
1:00—1:45pm Open Gym Adult	1:00—1:45pm School Group	1:00—1:45pm Open Gym Adult	1:00—1:45pm School Group	1:00—1:45pm Gym Walk Adult	11:00—11:45 pm Basketball Fundamentals Ages 5-7
2:00-2:45pm Gym Walk Adult	2:00-2:45pm Gym Walk Adult	2:00-2:45pm Gym Walk Adult	2:00-2:45pm Gym Walk Adult	2:00-2:45pm Gym Walk Adult	12:00—12:45pm Basketball Fundamentals Ages 8-12
3:00-3:45pm Open Gym Ages 8-17	3:00-3:45pm Open Gym Ages 8-17	3:00-3:45pm Open Gym Ages 8-17	3:00-3:45pm Open Gym Ages 8-17	3:00-3:45pm Open Gym Ages 8-17	1:00—1:45pm Basketball Fundamentals Ages 12-14
4:00-4:45pm Open Gym Ages 8-17	4:00-4:45pm Open Gym Ages 8-17	4:00-4:45pm Open Gym/ Ages 8-17	4:00-4:45pm Open Gym Ages 8-17	4:00-4:45pm Open Gym/RC Club Ages 8-17	2:00-2:45 Open Gym Ages 8-17
5:00—5:45pm Open Gym/House League Ages 8-14	5:00—5:45 pm Open Gym/Fouse League Ages 8-14	5:00—5:45pm Open Gym/House League Ages 8-14	5:00—5:45 pm Open Gym/House League	5:00—5:45pm Volleybail Adult	3:00—3:45pm Open Gym Ages 8-17
6:00—7:15pm Open Gym/House League	6:00—7:15pm Open Gym/House League	6:00—7:15pm Open Gym/House League	6:00—7:15pm Open Gym/House League	6:00—7:15pm Volleyball Adult	4:00—5:45pm Volleyball Adult